

**IN THE CLAIMS:**

1. (canceled)

2. (currently amended) ~~The running shoe traction system of claim 1~~ A running shoe traction system oriented in a normal plane comprising a lightweight forefoot region constructed of a relatively inflexible material having multiple spikes; a lightweight heel region constructed of a relatively inflexible material having multiple spikes; a flexible linkage made of a springy material between the forefoot region and the heel region that allows the forefoot region and the heel region to be flexed relative to each other at least 45 degrees from the normal plane without damaging or permanently deforming the system; a strap or harness attachment adapted to secure the traction system to a running shoe; and wherein the forefoot region and the heel region comprise a plastic.

3. (canceled)

4. (canceled)

5. (currently amended) ~~The running shoe traction system of claim 1~~ A running shoe traction system oriented in a normal plane comprising a lightweight forefoot region constructed of a relatively inflexible material having multiple spikes; a lightweight heel region constructed of a relatively inflexible material having multiple spikes; a flexible linkage made of a springy material between the forefoot region and the heel region

that allows the forefoot region and the heel region to be flexed relative to each other at least 45 degrees from the normal plane without damaging or permanently deforming the system; a strap or harness attachment adapted to secure the traction system to a running shoe; and wherein the system has a weight 0.7 pounds or less per foot unit.

6. (currently amended) ~~The running shoe traction system of claim 1~~ A running shoe traction system oriented in a normal plane comprising a lightweight forefoot region constructed of a relatively inflexible material having multiple spikes; a lightweight heel region constructed of a relatively inflexible material having multiple spikes; a flexible linkage made of a springy material between the forefoot region and the heel region that allows the forefoot region and the heel region to be flexed relative to each other at least 45 degrees from the normal plane without damaging or permanently deforming the system; a strap or harness attachment adapted to secure the traction system to a running shoe; and wherein the flexible linkage comprises a multi-layered extender bar.

7. (new) The running shoe traction system of claim 2 wherein the system has a weight 0.7 pounds or less per foot unit.

8. (new) The running shoe traction system of claim 2 wherein the flexible linkage comprises a multi-layered extender bar.

9. (new) The running shoe traction system of claim 5 wherein the flexible linkage comprises a multi-layered extender bar.